









Bank of sensory Ideas

Proprioception

The proprioceptive system is located in the muscles and joints, it provides a sense of body awareness and detects force & pressure. The proprioceptive system has a vital regulatory role. Proprioceptive input can be very calming for those who are easily overwhelmed by sensory stimulation and can be alerting for those who need increased sensory stimulation to facilitate attention and learning. *It is our secret weapon!* (Ref – MCA website)

<p>Carrying heavy bag of books</p> 	<p>Weighted blanket/lap belt</p> 
<p>Peanut roll (see separate ideas from OT)</p> 	<p>Theraband (see separate OT/MCA advice) Social Media - Middletown Centre For Autism (middletownautism.com)</p> 
<p>Bearhug (issued by OT)</p> 	<p><u>Hug!</u></p> 

Chewellery



Sausage roll



Vibrating snake



Joint compressions (follow OT advice)



Tearing paper



Stomping on bubble wrap



Weighted trolley



Movement break

